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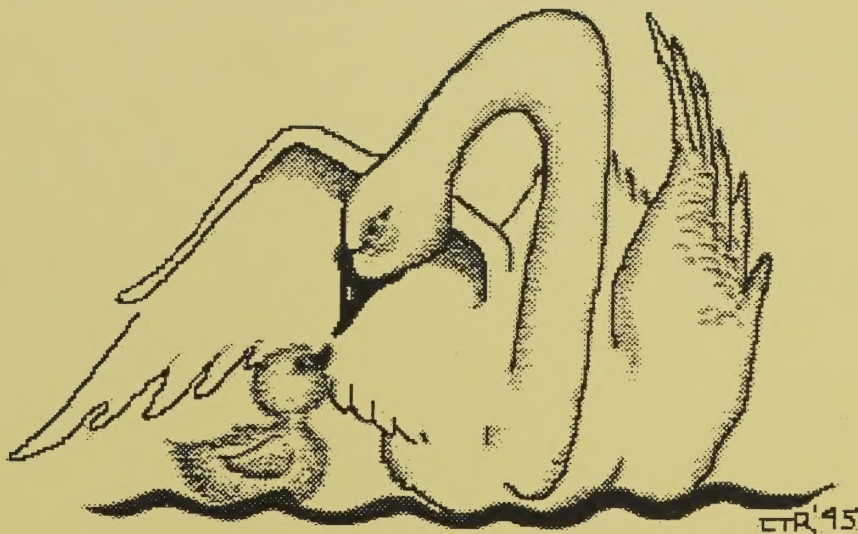
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URBAN
MUNICIPAL

WHAT'S OUT THERE
FOR YOU?
COMMUNITY RESOURCE
BOOK

What's Out There For You?

Community Resource Book



Directory, September 1998

St. Joseph's Hospital
Hamilton, Ontario

HAMILTON PUBLIC LIBRARY

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September 1998

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St. Joseph's Hospital acknowledges the assistance of Community Information Service Hamilton-Wentworth, Hamilton-Wentworth Public Library, and the support of the Summer Career Placement Program under Human Resources Development Canada.

How To Use This Book

What you can find in this book...

1. Use the Table of Contents to find the section colour and the number of the subject you are looking for.

General Information pink section

2. If you do not find the subject you are looking for in the Table of Contents, then use the indexes at the back of the book. First use the General Index and then the Subject Index.

**Immigrant and Ethnic
Canadians** blue section

3. For information on emergency services, use the Quick Reference Index located after the Table of Contents.

Pregnancy green section

Important:

If the * symbol appears before a phrase it means that there is more information on that subject somewhere else in the book.

Parenting yellow section

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3. For information on emergency services, use the **Quick Reference** Index located after the Table of Contents.

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- If the  symbol appears before a phrase it means special attention should be paid to the phrase.
- If the  symbol appears before a phrase, it means that there is more information on that subject somewhere else in the book.

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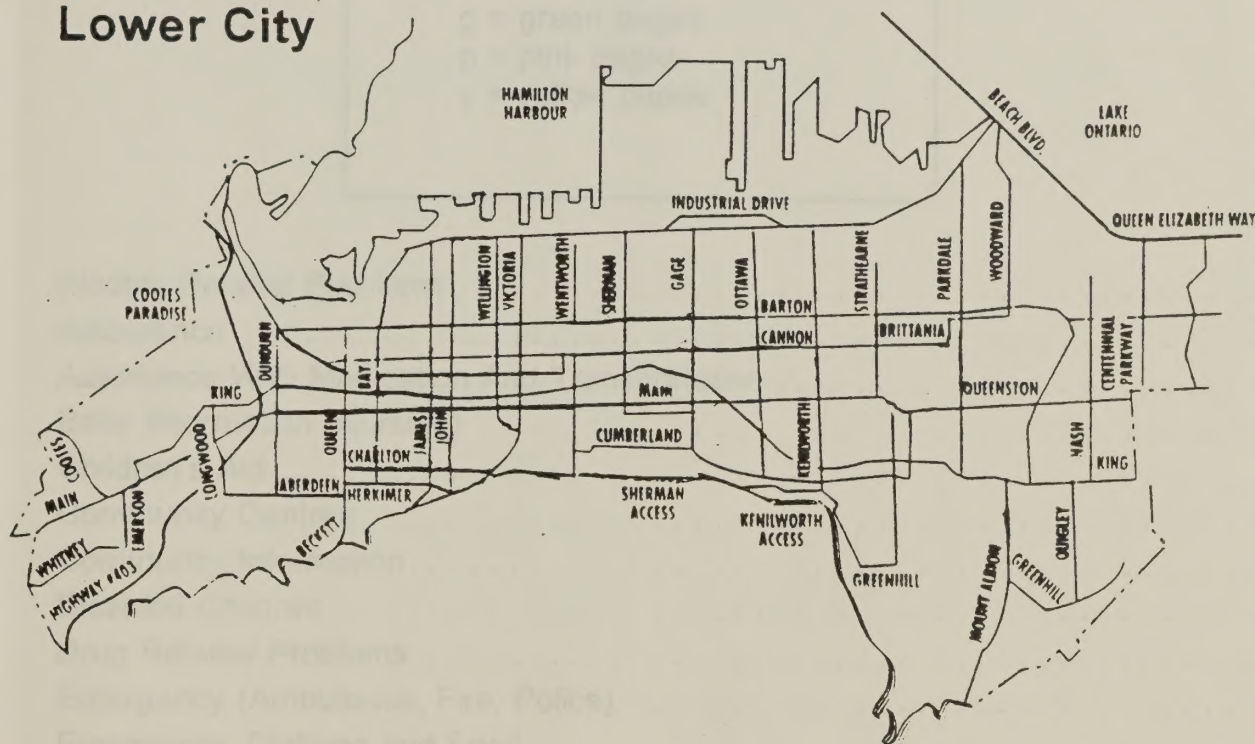
Immigrant and Ethnic Canadians

see blue section

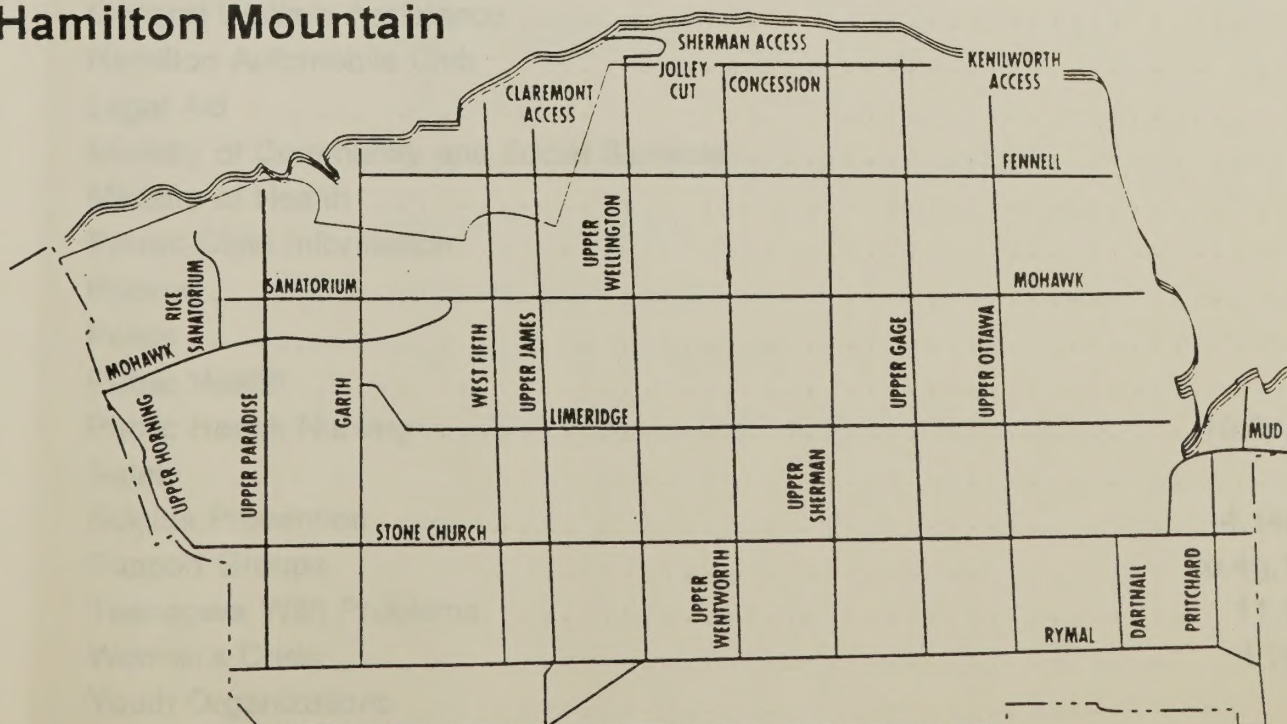
1. Churches in other Languages
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Community Map

City of Hamilton Lower City



Hamilton Mountain



QUICK REFERENCE

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b = blue pages
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General Information

pink section

What you can find in this section:

1. Important Phone Numbers
2. Budget Shopping
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15. Parks and Recreation Centres
16. Public Health
17. Social Services
18. Women's Shelters
19. Community Information Services

1. Important Phone Numbers

emergency ... information ... help ...

- 1.1 Ambulance 911 Fire 911 Police 911**
- 1.2 St. Joseph's Hospital Nursery Information Line 522-1155 ext. 3257**
• a nurse will answer questions about mother and baby during their first weeks at home
Hours: 24 hours a day, 7 days a week
- 1.3 Health Connections Phone Service 546-3550**
• Public Health Nurses will answer your questions about baby care, healthy foods, feeding, feeling better after having a baby or any question you may have
Hours: Monday to Friday, 8:30am to 4:30pm
- 1.4 Poison Information Centre 1-800-268-9017**
• urgent help for people who have swallowed or touched an unknown substance which may be poison
• you may also call if you have questions about any substances, plants or poisons
Hours: 24 hours a day, 7 days a week
- 1.5 Distress Centre Hamilton..... 24 hours 525-8611**
• a caring listener will try to help you with your problems and help with information, referrals and short-term urgent services
Hours: 24 hours a day, 7 days a week
- 1.6 Women's Crisis Line, Interval House 24 hours 547-8484**
• private telephone counselling and shelter available
Hours: 24 hours a day, 7 days a week
- 1.7 Martha House Crisis Line 24 hours 523-6277**
• helps women in any crisis such as women who have been abused by their partners, refugees, street youths, homeless women and their children
Hours: 24 hours a day, 7 days a week
- 1.8 Native Women's Centre.....24 Hours 522-1501**
47 East Avenue North, near King Street East, Hamilton
• Provides safe, emergency shelter to all women and their children who are experiencing crisis due to family violence, homelessness or conflict with the law
• Provides accommodation for women participating in the Temporary Absence Program through the Hamilton-Wentworth Detention Centre
• Provides individual one-on-one counselling, information and referrals
• All services are confidential, **24 hour crisis counselling**

2. Budget Shopping clothes ... furniture ... groceries ...

2.1 Amity Goodwill Industries 526-8481

Central Hamilton: 225 King William Street near Ferguson Ave

East Hamilton: 1366 Main Street East near Kenilworth Avenue

Central Mountain: 1000 Upper Gage

Stoney Creek: 423 Barton Street East near Wentworth Street

•used clothing and household items can be found at a very low price



2.2 Mission Services of Hamilton 528-5100

50 Murray Street West between MacNab and Bay Streets

•food hampers

•drop-in centre

Hours: Mondays, Wednesdays and Fridays 10am to 12pm

2.3 Neighbour to Neighbour 574-1334

28 Athens Street near West 5th and Mohawk Road

•food bank and self help centre

Hours: Monday to Thursday, 9:30am to 3:30pm

2.4 Operation Blessing 549-7153

749 Barton Street East near Sherman and Lottridge Street

•help with used clothing and footwear for women, men and children

•things for your home, baby clothes, baby furniture, maternity clothes and groceries

Hours: Tuesday to Friday, 10am to 2pm



2.5 Salvation Army 521-1660

340 York Boulevard near Queen Street

•gives support to families in emergency need with clothing, things for the home and support.

Hours: Monday to Friday, 8:30am to 4pm

2.6 Value Village Stores

-Battlefield Plaza, 840 Queenston Rd near Hwy #20 664-8884

-Fenworth Plaza, 530 Fennell Ave at Upper Wentworth 318-0409

•furniture, clothing and things for your home at good prices.

Hours: Monday to Friday, 9am to 9pm

Saturdays, 9am to 6pm and Sundays, 10am to 6pm

3. Community Centres
help ... support ... programs ... fun ...



3.1 **St. Matthew's House** 523-5546

414 Barton Street East near Wentworth Street

- a place in the community to help with the needs of people who have money or other problems
- help and support are available through:
 - information and referral
 - counselling
 - women's and men's groups
 - emergency food
- sponsors other programs such as: legal aid help, Alcoholics Anonymous, education and more

3.2 **Welcome Inn** 525-5824

40 Wood Street East near Burlington and James Streets

- day camps and other programs for children, youth and adults

3.3 **YMCA (Young Men's Christian Association)** 529-7102

79 James Street South at Jackson Street

- recreation programs for all ages
- programs include: camping, fitness, child care and more
- these programs may be at other locations:

3.4 **Hamilton Mountain Family YMCA** 574-9400

4100 Upper James, Unit #12 near Stonechurch Rd.

3.5 **YWCA (Young Women's Christian Association)** 522-9922

75 MacNab Street South near Jackson Street

- services include: infant, pre-school and playschool programs, child care centre, parenting workshops and babysitting service, infant and pre-school swimming, fitness centre with classes, weight training and equipment and more
- these programs may be at other locations:

3.6 **Ottawa Street Branch YWCA** 522-9922

52 Ottawa Street North near Main Street East

◆ Please see section **15. Parks and Recreation Centres** for more information.

4. Counselling

drug ... alcohol ... family ... relationship ... abuse ...



4.1 Distress Centre Hamilton, 24 hours 525-8611

- anyone can call for help, support or information

4.1.1 East Regional Mental Health Services 573-4801

- Community Mental Health Service committed to providing high quality care to residents of the East Hamilton-Wentworth District with psychiatric or emotional problems

- Services include:

- assistance to individuals, couples and families
- post-hospital care and follow-up
- group programmes
- consultation
- preventive activities
- community projects
- collaboration with community agencies
- educational placements
- public speaking and presentations
- rehabilitation services

- Referrals are accepted from:

- family or self-referral
- family physicians
- community agencies
- health care facilities

- Hours are 8:30 a.m. to 5:00 p.m. from Monday to Friday

Drug and Alcohol Counselling and Help

4.2 Alanon and Alateen Family Groups 522-1733

- to help families and friends of people who have a problem with drinking too much alcohol
- gives support to families and friends
- 24 hour a day answering service

4.3 Alcoholics Anonymous (AA) 522-8392

807 Main St. West

- group of men and women talk about problems and help each other get better

4.4 Alcohol and Drug Assessment Services 546-3606

Department of Public Health Services

21 Hunter Street East, 3rd floor, at Hughson Street

- counselling, referral and help to decide what treatment is best for you

27-0271 ext.4920

237 Barton Street East near Victoria Avenue

..... 527-4469

- for youth who have problems with alcohol and/or drugs

... 1-800-463-6273

..... 545-9100

- centre for women needing help to stay away from

521-2100 ext.7591

- counselling and a place to stay for persons recovering from drug and

..... 527-3823

- services to help families with problems that are hurting

..... 527-3097

- free help for women who are having a crisis

4. Counselling

4.12 Family Services of Hamilton-Wentworth Inc. 523-5640

350 King Street East, suite 201, First Place Building

- professional counselling to help one person, couples and families who need to help cope with any problems

4.13 St. Matthew's House 523-5546

414 Barton Street East near Wentworth Street

- has counselling services, information and referrals
- emergency food
- groups for men, women and children
- sponsors other programs in the community

4.14 Suicide Prevention Bureau 521-1660

crisis line 24 hours 522-1477

340 York Boulevard near Bay Street

- Call for help. Your call will be private

Abuse ... physical, sexual, emotional ... counselling

4.15 Community Child Abuse Council of Hamilton-Wentworth 523-1020

75 MacNab Street South, suite 203

in the YWCA

- program to help those who have been sexually abused and their family
- groups offer support, education and a safe place to talk about and deal with the feelings and issues related to sexual abuse

4.16 Good Shepherd's Women's Centre - Martha House 523-8895

24 hour help line 523-6277

20 Emerald Street South near King Street

- 24 hour counselling for women and children in crisis
- other services: referral to housing, child care and support, urgent transportation, information and support for law and money matters, work and school

4.17 Interval House of Hamilton-Wentworth 547-8485

24 hours 547-8484

1760 King Street East near Kenilworth Access

- one to one and group counselling for women and 24 hour crisis telephone line for help.
- other services: safe emergency shelter, child care program, help with family and criminal law matters.
- information about the law, housing and schools

4. Counselling

4.18 Sexual Assault Centre (Hamilton and Area) 525-4573 free and private 24 hour line 525-4162

- support groups for women who have been raped, sexually assaulted, survivors of incest, survivors of childhood sexual assault
- help with going to the hospital, police station and court needed
- help with questions about the law and any other information needed
- free and private

4.19 Native Women's Centre (Hamilton and area) 522-1501

- provides safe, emergency shelter to all women and their children who are experiencing crisis due to: family violence, homelessness or conflict with the law
- provides accommodation for women participating in the Temporary Absence Program through the Hamilton-Wentworth Detention Centre
- provides individual one-on-one counselling, information and referrals
- all services confidential
- **24 hour crisis counselling in physical, sexual, or emotional abuse**

4.20 The Women's Centre of Hamilton-Wentworth 522-0127

75 MacNab Street South, third floor, Hamilton

Hours: Monday to Thursday from 9:30 a.m. to 4:30 p.m. and Fridays from 10:00 a.m. to 1:00 p.m.

• Services include:

- **Peer Counselling Program** is trained volunteers who provide one-to-one counselling for a variety of emotional and practical issues, including partner or childhood abuse (physical, emotional, sexual), self-esteem, family and relationship issues. The focus is on understanding your experience, helping identify options and offering support
- **Getting Back on Track** is a self-help group for women who want to increase self awareness and make changes in their lives. These support groups are open to any woman and there is no charge. Group times are Mondays at 10:00 a.m. or Mondays at 7:00 p.m.
- **Time Out for You** is a free, informative support group held on Thursdays from 1:30 p.m. to 3:00 p.m. The group is informal with invited speakers discussing a variety of issues and services. Contact the Centre for a list of upcoming topics.

5. Education

literacy ... basic adult education ...



- 5.1 Adult Basic Education Association...information 527-2222**
Jackson Square near King and James entrance
•help adults to further their schooling
•information and referral about many programs for Adult Basic Education
- 5.2 Hamilton Board of Education 527-5092**
100 Main Street West near Bay Street
Adult and Continuing Education 549-9722
1842 King St. East in Briarwood School
•schools from junior kindergarten, 4 years old, to grade 13 and adults
•some schools have day cares and special courses
- 5.3 Hamilton-Wentworth Roman Catholic Separate School Board 525-2930**
90 Mulberry Street near Bay Street and Cannon Street
•directs schools from kindergarten to grade 13
•programs for special needs children
•Continuing Education Department for Adults.....577-0555
- 5.4 Hamilton & District Literacy Council 529-9907**
Effort Square Building, 140 King Street East suite 1515
•provides tutoring for ages 16 and older in basic learning skills for those who are not in school
•free and private
- 5.5 The Learning Centre, Hamilton Public Library 546-3444**
55 York Boulevard near Bay Street, 4th floor
•program for adults who want to learn to read and write better
•materials for reading, writing, math and basic english ready to use
•program at many libraries in Hamilton-Wentworth area
- 5.6 Learning Disabilities Association523-1332**
225 West Avenue North, Room 3, near Barton Street
•helps with information about education, social skills, and employment
•provides support for parents

5. Education

5.7 Mohawk College of Applied Arts and Technology 575-1212

Fennel Avenue and West 5th on Hamilton Mountain

- schooling programs for adults after high school or as Continuing Education, during the day or at night
- campuses also in Stoney Creek, Brantford, Chedoke Hospital and on Wentworth Street.

5.8 McMaster University 525-9140

1280 Main Street West near Sterling Avenue and Cootes Drive

- offers part time, full time, night and summer courses in many subjects
- courses can be taken for interest or to work towards a degree

5.9 St. Charles Adult Education Centres

- have programs for English as a Second Language, Adult Basic Education and High School Credits available at four places around the Hamilton area:

St. Charles Centre 528-8890

45 Young Street near James Street and St. Joseph's Hospital
Central Hamilton

St. Charles East 526-9510

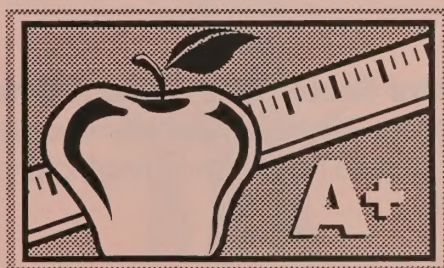
380 Main St. East at Emerald
East Hamilton

St. Charles Mountain 575-5202

150 East 5th Street near Upper James
Hamilton mountain

St. Charles Nash 573-0544

101 Nash Road North near Queenston and Barton Street
East Hamilton near Stoney Creek



6. Employment
counselling ... searching ... job training ...



- 6.1 Human Resources Development Canada
• **Employment Services** 572-2211
• Centres found at many places in Hamilton-Wentworth:
31 King Street East, Hamilton
1550 Upper James Street, Hamilton Mountain
280 Queenston Road, Stoney Creek
- 6.2 Citizen Action Group 528-9803
or 528-8713
33 Bold Street near MacNab Street South
• helps people on welfare, single parents and others who need
extra help to get ready to start a job
• counselling, training, information and help to find work
- 6.3 Department of Social Services, Employment Services Unit

Community Services Employment Supports..... 546-4477
1 Hunter Street East near James St.
• helps people on welfare to get information on
working, has child care and referrals too
• programs on job counselling, training, getting ready to work
- 6.4 Hamilton-Wentworth Third Sector Employment Enterprises 545-4480
1579 Burlington Street East between Kenilworth and Strathearne
• for 16 to 25 year olds to help with school, gain skills to work and get
work experience

6. Employment

- 6.5 Hamilton District Labour Council 547-2944**
1130 Barton Street East, Suite 210 near Ottawa Street
• helps with the economic and social welfare of workers within unions
- 6.6 Mission Services of Hamilton 528-4211**
50 Murray Street West near Barton and Bay Streets
• job training skills and support for people with disabilities
- 6.7 Job Readiness Training Program 575-2228**
Mohawk College, Fennell and West 5th, Hamilton Mountain
• sponsored by Human Resources Development Canada
• program has job training, schooling, and community placements to gain work skills and experience
- 6.8 PATH Employment Services 528-6611**
225 King William Street, 5th floor, at Ferguson Avenue
• service for people with disabilities
• looks at what the person can do and prepares them to look for a job



7. Family Planning and Sexuality
counselling ... information ... clinics ...

Family Planning and Birth Control

7.1 Serena Hamilton Natural Family Planning Centre 549-8526

245 Park Row South near Ottawa Street

- natural family planning information, support and counselling
- 24 hour answering machine

7.2 Public Health Nursing

Dundas Information and Sexual Health Centre 628-3000

Stoney Creek 546-3750

Hamilton Mountain Home 575-7131

- access to physical exams and birth control products
- counselling about:
 - birth control methods
 - sexuality
 - making responsible decisions
 - practicing safer sex
 - planning a family
 - counselling

7.3 Planned Parenthood

Dr. Elizabeth Bagshaw Birth Control Clinic..... 528-3009

20 Hughson Street South, unit 611, between King and Main Streets

- information, health services and counselling available
- help with all questions and problems about:
 - birth control and family planning
 - pregnancy, pregnancy testing
 - parenting, help and support
 - sexually transmitted diseases
 - sexuality
 - pap smears, breast exams
 - other related health questions

Hours: Monday, Tuesday, Friday 9am to 4:30pm

Wednesday 9am to 6pm

Thursday 1pm to 6pm



7. Family Planning and Sexuality

Sexually Transmitted Diseases and AIDS



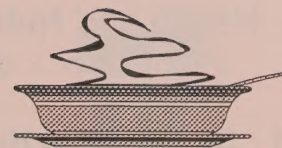
- 7.4 Hamilton AIDS Network 528-0854**
512 James Street North, near Hunter Street
•AIDS education services and counselling to people with HIV, or AIDS
•one to one and peer support groups, also a buddy system for friendship and support
•support services for partners, family and friends
Hours: Monday to Thursday 10am to 7pm, Friday 9am to 5pm
- 7.5 Public Health Anonymous AIDS Testing Clinics 546-3541**
•private service for AIDS testing
•appointments should be made 1 week ahead of time through the Public Health Department
Hours: Tuesdays, 3pm to 5:30pm at Hamilton General Hospital
237 Barton Street East near Victoria Ave.
Wednesdays, 9:30am to 3:15pm at North Hamilton
Community Health Centre -- 554 John Street North
- 7.6 Sexually Transmitted Disease Clinic 527-0271 ext. 6266**
Hamilton General Hospital
237 Barton Street East near Victoria Street
•special treatment clinic for the diagnosis and treatment of sexually transmitted diseases (STDs)
Hours: Tuesday and Thursdays, 4pm to 5:30pm
- 7.7 Talking to Your Kids about AIDS and Sexuality 528-3009**
20 Hughson Street South, unit 611, near King Street
•a program for parents and children of all ages to learn about sexuality and AIDS
Hours: Monday, Tuesday and Friday 9am to 4:30pm
Wednesday 9am to 6pm
Thursday 1pm to 6pm
- 7.8 Public Health VAN Needle Exchange Program 317-9966**
•private HIV testing, needle exchange
•free condoms, free hepatitis B vaccine,
free dental dams, free bleach kits
•call to set up an exchange or to learn about other services
Hours: Tuesday, Thursday, Friday, 8pm to midnight
Wednesday, 8pm to 1am

8. **Finances**
 welfare ... counselling ... budgeting ... getting money
- 8.1 **Catholic Family Services** **527-3823**
 735 King Street East, suite 2 at Sanford
 • credit and budget counselling to learn how to manage money
 and how to spend money wisely
- 8.2 **Social Services - Family Benefits, Disability** **546-4111**
 119 King Street West near MacNab Street, 13th floor
- 8.3 **Regional Municipality of Hamilton-Wentworth**
 Community Services Ontario Works **546-4800**
 31 King Street East
 • money to help with food, clothes, things for the home,
 rent, mortgage, gas, electric and water bills, insurance
- 8.4 **Special Income** **546-4883**
 • helps with the cost of going to the dentist and the eye
 doctor and the equipment you may need to buy
 • helps with money for medications and transportation
- 8.5 **Support Services Division** **546-4870**
 • money to help families needing day care, nursery school
 or private home day care for children ages 3 weeks to 10 years old
- 8.6 **Family Benefits Program** **521-7280**
 • for those in need of long-term financial help



9. Food

emergency food ... hot meals ... groceries



- 9.1 Good Shepherd Centre, Family Services 528-9109**
120 Cannon Street East
•helps families with free food, counselling and guidance
Hours: Monday to Friday, 10am to 3:30pm
- 9.2 Good Shepherd Men's Centre 528-9109**
135 Mary Street near Cannon and Wilson streets
•men, children and women are welcome for one free hot meal
Hours: Monday to Saturday at 3:30pm
- 9.3 Neighbour to Neighbour Centre 574-1334**
28 Athens Street near West 5th and Mohawk Road
•emergency food to people who live on the mountain
Hours: Monday to Thursday, 9:30 to 3:30pm
- 9.4 Operation Blessing 549-7153**
749 Barton Street East near Sherman Avenue
•food is given in an emergency
Hours: Tuesday to Friday, 10am to 2pm
- 9.5 Salvation Army, Family Services and Counselling 521-1660**
340 York Boulevard near Bay Street
•enough food is given to last for two days
Hours: Monday to Friday, 9am to 12pm and 1pm to 3:30pm
- 9.6 Stoney Creek Food Bank 664-2252**
Old Fire Hall, 13 Lake Ave South in Stoney Creek
•free, emergency help with food to anyone in the community
Hours: Monday, 1pm to 3:30pm
Wednesday, 9:30am to 3:30pm
Friday, 9:30am to 1pm
- 9.7 St. Matthew's House 523-5546**
414 Barton Street East near Wentworth Street
•emergency food help to anyone in the community
Hours: Monday to Friday, 9am to 12pm, 1pm to 4:30pm
- 9.8 Wesley Urban Ministries Inc. 528-5640**
195 Ferguson Street North
•serve lunch from 10:45am to 11:45am
•serve soup from 9pm to 11pm
•open for the night from 9pm to 11:30am



10. Health and Nutrition

information ... dentists ... doctors ... public health ...

10.1 St. Joseph's Hospital Nursery Information Warm Line .. 522-1155 ext. 3257

- a nurse will answer questions about mother and baby during their first weeks at home

Hours: 24 hours a day, 7 days a week

10.2 Health Connections 546-3550

- call for any information or help you may need about being a parent
- has home visits, information about infant feeding, parenting classes, parent support group, special counselling and more

Hours: Monday to Friday, 8:30am to 4:30pm

10.3 Public Health Nursing 546-3500

25 Main Street West, 4th floor near MacNab Street

- helps the community with health problems, counselling, exercise, diet, nutrition, substance abuse

10.4 Health Extension Services 24 hours 573-7557

- tape recorded health information on many things
- useful to help people get the needed information right away
- in English and Italian

10.5 Hamilton Academy of Medicine 528-1611

Hamilton Medical Arts Building

1 Young Street South, room #216

- has names and telephone numbers of family doctors who will take new patients

10.6 Hamilton General Hospital Dental Clinic 527-0271 ext. 6471

237 Barton Street East near Wellington Street

- does most dental care at a low cost

10.7 Health Promotion Centre, YWCA 522-9922

75 MacNab Street South at Jackson Street

- information about:
 - dieting
 - losing weight
 - having a healthy heart
 - quitting smoking
 - birth control and family planning
 - preventing cancer
 - stress management
 - becoming a more assertive person



11. Housing

emergency shelters ... long-term housing ...



Emergency Shelters and Hostels

11.1 Emergency Shelter Foundation of Hamilton-Wentworth 577-1173

20 Hughson Street South, Suite 1001 at Main Street

- temporary housing for victims and families of domestic violence
- can stay in single dwelling houses for three months to one year
- rent geared to income
- support services available by social workers

11.2 Martha House, Good Shepherd Centre 523-8895 crisis line 523-6277

20 Emerald Street South near King Street

- 24 hours a day
- emergency shelter for women and children in need of help and a place to live for a while

11.3 Salvation Army 527-1444

94 York Boulevard near Bay Street

- has beds and meals for men who need a place to stay

11.4 Native Women's Centre.....24 hours 522-1501

47 East Avenue North, near King Street East

"WE SHARE WE CARE"

Long-term housing

11.4 Housing Help Centre of Hamilton-Wentworth 528-0221

135 Rebecca Street between Ferguson and Mary Street

- gives help to people with little money, people who have no home, or people in danger of being homeless to find a place to live
- has all applications for housing and helps you to fill them out

11.5 Hamilton-Wentworth Community Housing Registry 548-5417

795 King Street East near Sanford Avenue

- has government assisted housing places and applications
- helps you to find a place to live

11.6 Wesley Community Homes 528-4136

195 Ferguson Street North

- program to help people find a place to live

11. Housing



11.7 Department of Social Services

Community Team 546-2225
•helps people find lodging homes

11.8 Co-operative Housing Federation of Hamilton 561-2667

42 Keefer Court near the Q.E.W. and Hwy #20
•call for information and a listing of co-operative
housing and co-operative living

Government Assisted Housing

11.9 Victoria Park Community Homes 527-0221

155 Queen Street North near York Boulevard

11.10 Stoney Creek Non-Profit Housing 578-3833

34 Mistywood Drive, unit #63 in Stoney Creek

11.11 Active Management 333-5506

4031 Fairview St., suite 204, near Walker's Line in Burlington

11.12 Fengate Real Estate 524-2985

499 King Street East near Victoria Avenue

11.13 Hamilton Baptist Non-Profit 526-8855

115 Stanley Avenue near Locke Street

11.14 St. Matthew's House 523-5546

414 Barton Street East near Wentworth Avenue

♦Please see the pink section **18. Women's Shelters** for more information
about emergency shelters for women.

♦Please see the yellow section **8. Parent Relief Care** for more information
on respite care for children.

12. Infant death
support groups ... counselling ... caring ... listening ...



12.1 Bereavement Network of Hamilton-Wentworth

..... 521-0090

c/o Canadian Mental Health Association
182 Rebecca Street near Ferguson Avenue

- information about groups that help people to cope with the loss of a child, other family member, friend or other special person
- information about groups that provide support and talk about the issues and needs during and after this time

12.2 Bereaved Families of Ontario 318-0070

1104 Fennell Avenue East

- help for families who have had to deal with the loss of a child through illness, accident, suicide or infant death
- parent support group that offers free support, information and help for anyone who calls

12.3 Canadian Foundation for the study of Infant Death 1-800-363-7437

- information and support to families who have lost a child due to Sudden Infant Death Syndrome

12.4 Public Health Nursing Intake Bereavement Program 546-3550

Department of Health Services

25 Main Street West, 5th floor, near James Street

- has one to one counselling and support in the home
- works with friends in grief program

12.5 St. Joseph's Pastoral Services 522-4941 ext. 3263

50 Charlton Avenue, first floor

- please call if you need someone who will listen and help
- memorial service held two times a year

12.6 St. Joseph's Hospital Social Work Department 522-4941 ext. 3101

- social workers can help you if you are at home and need help dealing with your feelings.
- they will refer you to other community supports

13. Legal Matters



13.1 Dundurn Community Legal Services 527-4572

10 West Avenue South Suite 119, near Wellington and King St.

- supplies legal information, advice, legal aid and a lawyer to represent you
- fee is based on the ability to pay
- call for an appointment

Hours: Monday to Friday, 9am to 5pm



13.2 Hamilton Mountain Legal and Community Services 575-9590

550 Fennel Avenue East, suite 218 near Upper Wentworth

- legal information, advice and referral for the Hamilton Mountain community
- services about general welfare, family benefits, unemployment insurance and more

Hours: Monday to Friday, 8:30am to 4:30pm

13.3 Lawyer Referral Service 1-800-268-8326

- helps people choose a lawyer
- the first 30 minutes of advice from a lawyer is free

Hours: Monday to Friday, 9am to 1pm and 2pm to 5pm

13.4 McQueston Legal and Community Services 545-0442

360 Queenston Road near Parkdale Avenue

- provides legal information, advice and referral to the community
- call for an appointment

Hours: Monday, Tuesday and Friday, 9am to 5pm

Wednesdays, 9am to 8pm and Thursdays, 1pm to 5pm

13.5 Ontario Legal Aid Plan 528-0134

119 Main Street East near John Street

- fee based on ability to pay

Hours: Monday to Friday, 8:30 am to 3:30pm

13.6 Women's Services Duty Counsel for Family Law

75 MacNab Street South, 3rd floor, Hamilton

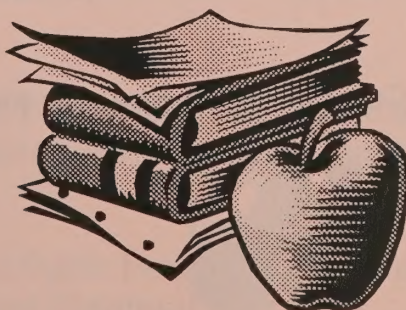
- Women will have a chance to talk briefly with a lawyer about divorce, separation, custody, access and get some legal advice free of charge. The service is on first come, first serve basis.

Hours: first Monday of every month from 7:00 p.m. to 9:00 p.m.

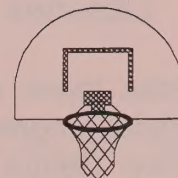
14. Libraries

- ☺ Books, tapes, records, videos, films, and toys may be borrowed free of charge.
- ☺ Special programs for children, computer classes and more
- ☺ Career Centre and Learning Centre are at the Central Library.
- ☺ **Bookmobile** may be in your neighborhood. Call **546-3477** for information.

- 14.1 Hamilton Central Public Library 546-3200**
Jackson Square, 55 York Boulevard between Bay and James
- 14.2 Barton Library 546-3450**
571 Barton Street East near Wentworth Street, North Hamilton
- 14.3 Concession Library 546-3415**
565 Concession Street near Wentworth Street, Hamilton Mountain
- 14.4 Kenilworth Library 546-3960**
103 Kenilworth Street near Main Street, East Hamilton
- 14.5 Locke Library 546-3492**
285 Locke Street near Aberdeen Avenue, West Hamilton
- 14.6 Picton Library 546-3494**
502 James Street North near Burlington Street, North Hamilton
- 14.7 Red Hill Library 546-2069**
695 Queenston Road near Nash Road, East Hamilton
- 14.8 Sherwood Library 546-3249**
467 Upper Ottawa Street near Fennel Avenue, East Mountain
- 14.9 Terryberry Library 546-3921**
100 Mohawk Road West at West 5th Street, West Mountain
- 14.10 Westdale Library 546-3456**
955 King Street West near Churchill Park, West Hamilton



15. Parks and Recreation Centres
swimming pools...information...sports



- 15.1 For any information about culture and recreation, please call
Hamilton Department of Culture and Recreation 546-2750
•information about arenas, community centres, camps, tennis courts,
playgrounds, swimming pools, museums, summer programs
and more

📞 Parks with outdoor pools and family swims:

Birge Park 546-3723

Chedoke 546-3722

Coronation 546-3109

Rosedale 546-3724

Victoria Park ... 546-3725

Walker 546-3726

Inch Park 546-4922

Parkdale 546-4785

- Find out about swimming lessons offered at parks.
- Find out about hours for outdoor pools during the summer months.

📞 Recreation Centres in Hamilton:

Bennetto.....546-4944

Ryerson.....546-3111

Central Memorial.....546-4939

Scott Park.....546-4919

Dalewood546-4946

MacNab546-2554

Hill Park546-4920

Laurier546-4853

Jimmy Thompson.....546-4768

Churchill.....546-4775

Pinky Lewis.....546-3122

Westmount.....546-4932

♦Please see the pink section **3. Community Centres** for more information



16. Public Health

Department of Public Health ... services ... information ...

16.1 Department of Public Health Services 546-3500

25 Main Street West, 4th floor near MacNab Street South

Hours: Monday to Friday, 8:30am to 4:30pm

16.2 Public Health Nursing

- contact the intake nurse 546-3550

for places in the Hamilton-Wentworth area:

Hamilton Central

Hamilton East

Hamilton Mountain

Dundas

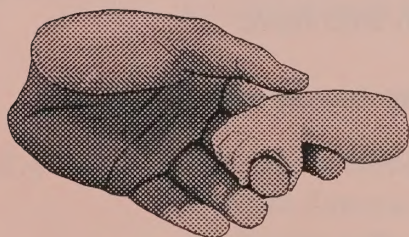
Stoney Creek

- Public Health Nurses help the community, groups, families and persons with health questions and concerns

**Hours: Monday to Friday, 8:30am to 4:30pm,
answering machine for after hours and the weekend**

16.3 Health Connections 546-3550

- services include:
 - prenatal classes
 - helps with hospital and doctor
 - home visits
 - phone counselling
 - parenting classes
 - presentations about health
 - support groups
 - one to one or family counselling
 - dental health



♦For more information about Public Health services in the Parent-Child Program, please turn to the yellow section **7. Parent Support Groups**.

♦For more information about Public Health services, please turn to the pink section **10. Health and Nutrition**.

17. Social Services

child welfare ... family counselling ... family help ...

17.1 Catholic Children's Aid Society 525-2012

Emergency after hours 522-8053

735 King Street East, suite 1 at Sanford Avenue

17.2 Children's Aid Society of Hamilton-Wentworth 522-1121

Emergency after hours 522-8053

143 Wenworth Street South near Delaware Ave.

- help for children who may be in need of protection
- assessment, support and direction to families at risk
- support services parents
- community programs
- alternate care

17.3 Catholic Family Services of Hamilton-Wentworth 527-3823

735 King Street East, suite 2, at Sanford Avenue

- services to help families that are having problems

17.4 Family Services of Hamilton-Wentworth 523-5640

First Place Building, 350 King Street East, suite 201

- professional counselling can be given to one person, couples and families who need help to cope with problems

17.5 Family Violence Program 527-2002

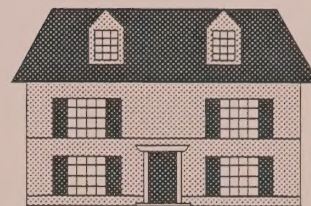
- one to one and group counselling for women who have been abused
- counselling for children who have seen abuse happening
- free

♦For information about **General Welfare Assistance**, please see the pink section **8. Finances**.



18. Women's Shelters

emergency shelters ... counselling ... support ...



18.1 Inasmuch House 529-8149

abuse line 529-8600

126 Emerald Street South near Main Street East

- emergency shelter for the care of victims of domestic violence,
- offers help to single women and mothers who need shelter and guidance
- open 24 hours every day

18.2 Good Shepherd's Women's Centre - Martha House 523-8895

crisis line 523-6277

20 Emerald Street South near King Street East

- 24 hour counselling, help with housing, child care, emergency transportation and other support services for legal, financial, work and school

18.3 Interval House 547-8485

crisis line 547-8484

1740 King Street East near Kenilworth Avenue

- a transitional house for abused women and their children

18.4 Native Women's Centre 522-1501

47 East Avenue North near Victoria Avenue

- Provides safe, emergency shelter to all women and their children who are experiencing crisis due to family violence, homelessness or conflict with the law
- Provides accommodation for women participating in the Temporary Absence Program through the Hamilton-Wentworth Detention Centre
- Provides individual one-on-one counselling, information and referrals
- All services are confidential, 24 hour crisis counselling

♦ For more information about emergency housing and long-term housing, please see the pink section **11. Housing.**

19. Community Information Services

☎ Free, private information is available about:

- Community services
- Government services
- Child care information
- Senior's programs and services
- Housing
- Financial and consumer problems
- Counselling services
- Legal services
- Multicultural services



- 19.1 Ancaster Information Centre and Community Services 648-6675**
314 Wilson Street East near Mohawk Road
Hours: Monday to Friday 9am to 3:30pm
- 19.2 Community Information Service Hamilton-Wentworth 528-0104**
Hamilton Central Public Library, first floor
55 York Boulevard near Bay Street and James Street
Hours: Monday to Friday 9am to 5pm
- 19.3 Dundas Community Services, Information Dundas 627-5461**
10 Market Street South in Dundas
Hours: Monday to Friday 9am to 5pm
- 19.4 Information Flamborough 689-7880**
315 Dundas Street East in Waterdown
Hours: Monday to Friday 9am to 4:30pm
- 19.5 North End Information Service 529-8483**
485 John Street North near Burlington Street in the
north end of Hamilton
Hours: Monday to Friday, 9am to 4:30pm

Immigrant and Ethnic Canadians

blue section

What you can find in this section:

1. Churches in other Languages
2. Community Centres and Support Groups
3. English as a Second Language
4. Health and Legal Matters
5. Information and Resource Centres

1. Churches with Services in Other Languages



1.1 Croatian

Holy Cross549-6707
1883 King Street East near Rosedale Avenue
Hours of Service: Saturdays at 6pm
Sundays at 8am, and 11am

1.2 Filipino

Wentworth Baptist Church522-2231
120 Wentworth Avenue North near Cannon Street
Hours of Service: Sundays at 11am

1.3 German

St. John's German Lutheran Church527-6611
104 Hughson Street North near James St. and York St.
Hours of Service: Sundays at 9:45am

St. Boniface529-7902
420 Aberdeen near Dundurn
Hours of Service: Sundays at 10am

1.4 Hungarian

St. Stephen's Hungarian Roman Catholic Church.....529-1213
130 Barton Street East near John Street and Mary Street
Hours of Service: Sundays at 9:30am and 11am
Mondays to Saturdays at 8am

1.5 Italian

St. Anthony's Church544-3327
830 Barton Street East near Lottridge Street and Gage St.
Hours of Service: Sundays at 8am and 10:30am,
Weekdays at 7pm

1.6 Korean

Korean United Church
69 Pearl Street North
Hours of Service: Sundays at 12pm

1. Churches with Services in Other Languages



1.7 Latvian

Christ Latvian Lutheran Church527-5810
18 Victoria Avenue South near Main Street
Hours of Service: Sundays at 11am

1.8 Macedonian

Macedonian Orthodox Church545-4818
235 Kensington Avenue North near Cannon Street
Hours of Service: Sundays at 10:30am

1.9 Polish

St. Stanislaus Roman Catholic Church544-0726
8 St. Ann Street near Barton Street and Sherman Avenue
Hours of Service: Saturdays at 5pm
Sundays at 8am, 11am, 12:45pm and 5:30pm

Holy Trinity Polish Church549-0470
880 Barton Street East near Gage Street
Hours of Service: Sundays at 8am and 11am

1.10 Portuguese

King Street Baptist Church529-3661
458 King Street West near Bay Street
Hours of Service: Sundays at 3pm

St. Mary's Church527-4216
25 Sheever Street near Park Street
Hours of Service: Sundays at 9am and 12pm

1.11 Romanian

Holy Resurrection Romanian Orthodox Church529-1663
20 Murray Street West near James St. North and Barton Street
Hours of Service: Sundays at 10am

1.12 Russian

Holy Veil of Holy Mother Russian Orthodox529-7043
77 Sanford Avenue South near Main Street

1. Churches with Services in Other Languages

1.13 Slovak

Saints Cyril & Methodius529-8413
204 Park Street North near King Street
Hours of Service: Sundays at 10am

1.14 Spanish

Wentworth Baptist Church522-2231
Cannon Street and Wentworth Street
Hours of Service: Sundays at 3:30pm

1.15 Syrian

St. Mark's Syrian Orthodox Church544-5956
1202 Dunsmure Road near Ottawa Street
Hours of Service: Sundays at 10:30am

1.16 Ukranian

Ukranian Evangelical Baptist Church
93 Emerald Street North near Barton Street

St. Vladimir Ukranian Orthodox Cathedral547-9777
855 Barton Street East near Gage Avenue
Hours of Service: Sundays at 9:30am

Ukranian Catholic Church of the Resurrection383-9744
821 Upper Wentworth near Gage Avenue
Hours of Service: Sunday with Sunday School and Mass at 10am

1.17 Vietnamese

Vietnamese Catholic Community544-7011
120 Sherman Avenue North near Barton
Hours of Service: Sundays at 3pm
Mondays at 7:30pm,
Tuesdays to Fridays at 6:30pm
Saturdays at 9am



2. Community Centres and Support Groups

2.1 Kirkendall-Strathcona Neighborhood House 528-8485

210 Napier Street between Locke and Pearl Street

- for immigrant & ethnic Canadians who need help and support
- programs for health, counselling, education and more

Hours: Monday to Friday 9am to 5pm

2.2 Hamilton Regional Indian Centre 548-9593

712 Main Street East near Sherman Avenue

- friendship centre programs of culture, recreation, education and social activities

- Youth Program, Native Adult Literacy Program

- talk groups, newsletters, special nights

- small fee of less than \$5 a year per family

- employment information

Hours: Monday to Friday 9am to 5pm



2.3 Circle of Friends 529-1840

155 Queen Street North near York Boulevard

- help immigrants and refugees to get to know the Hamilton area

- English as a second language classes and pre-school infant programs

- help and programs are free

Hours: Monday to Friday 9am to 5pm

2.4 Centre Français Hamilton Inc. 547-5702

970 King Street East, 1st level, near Fairholt Avenue

- community and cultural centre for French speaking people in the area

- french library, courses in French, special events, summer day camps

- information centre for services for the French community

Hours: Monday to Friday 9am to 5pm

2.5 Dante Centre for Italian Language and Culture 527-3400

346 Main Street East near Victoria Avenue

- information, help with community services and government offices

- courses in Italian language, sport programs, culture trips to Italy

- help with services for seniors

Hours: Monday to Friday 9am to 12:30pm

2. Community Centres and Support Groups

2.6 Jewish Community Centre of Hamilton-Wentworth 648-0605

1030 Lower Lions Club Road in Ancaster

•recreation and culture programs for all ages

Hours: Monday to Thursday 8am to 11pm, Friday 8am to 4pm

Sunday 9am to 9pm

2.7 Interfaith Council for Human Rights, Refugees and Immigration 523-4031

Christ's Church Anglican Cathedral

252 James Street North near Cannon Street

•open house for all refugees

Hours: Wednesday 9am to 4:30pm

2.8 Office for Refugees and Immigrants of the Diocese of Hamilton 528-7988

700 King Street West near Dundurn

2.9 Portuguese Information Centre 526-9917

152 Park Street North between Cannon and Mulberry Streets

•information and help with education, counselling and new immigrants

Hours: Monday to Friday 9am to 12pm and 1pm to 5pm

2.10 Spanish Speaking Association of Hamilton 529-8377

Jackson Square near Bay Street entrance

•to help Spanish speaking immigrants to get used to life in Canada

•to keep the Spanish language and culture a part of life in Canada

•folklore group for dance and culture, and spanish language program

•English as a Second Language for adults

Hours: Monday to Friday 10am to 5pm

♦For more information about **Community Centres**, please see the pink section, **3. Community Centres**.

♦For more information about **Support Groups**, please see the yellow section, **8. Parent Support Groups**.



3. English as a Second Language, (ESL)



- 3.1 Highland Continuing Education..... 627-1288**
310 Governor's Road
•has ESL classes and Adult Basic Education
- 3.2 The Board of Education for the City of Hamilton 527-5092**
- Adult and Continuing Education 549-9722**
•day classes for ESL in many areas around Hamilton:
- Briarwood Adult Learning Centre 549-9722**
1842 King Street East on the corner of Rosedale Avenue
•adult basic education and english language classes
- Circle of Friends 529-1840**
155 Queen Street North near York Street
•day care while parents take ESL classes
- James Street Baptist Church 522-9042**
96 James Street South at Jackson Street
- Salvation Army 522-1911**
28 Rebecca Street at Hughson Street
- 3.3 Kirkendall Strathcona Neighborhood House 528-8485**
210 Napier Street between Locke and Pearl Street
•for new Canadians to learn basic English skills
- 3.4 The Learning Centre, Hamilton Public Library 546-3444**
Jackson Square, 55 York Boulevard near Bay Street
•offers free english lessons for beginners, part-time,
days or at night
•one to one help if wanted
•free babysitting in the daytime
- 3.5 Mohawk College English as a Second Language575-2421**
Fennel Campus at Fennel and West 5th St.

3. English as a Second Language, (ESL)

3.6 St. Charles Adult Education Centres..... 577-0555

- classes in: •English as a Second Language, (ESL)
- Language Instruction for Newcomers to Canada, (LINC)
- Test of English As a Foreign Language, (TOEFL)
- Test of Spoken English, (TSE)

West Hamilton525-3755
1355 Main Street West near Emerson Street

East Hamilton 526-9510
380 Main Street East near

Nash Road 573-0544
101 Nash Road North near Queenston and Barton Street

Hamilton Mountain..... 575-5202
150 East 5th St. near Upper James St.

3.7 St. Joseph's Immigrant Women's Centre 529-5209

332 James Street North between Barton and Murray Streets

- ESL classes for immigrant and refugee women
- free child care
- two places where you can go:

Central Hamilton: **Livingston United Church** 527-5510
200 Sanford Street North on the corner of Barton Street

Hamilton Mountain: **Burkholder United Church** 575-0190
465 Mohawk Road East between Upper Sherman and Upper Wentworth

3.8 Toronto School of Business

- Call S.I.S.O for more information 521-9917
- English as a Second Language classes offered at YWCA
- free child care for individuals who qualify



♦For more information about going to school, please see the pink section, **5. Education.**

4. Health and Legal Matters



4.1 **Howard P. Eisenberg** 528-9861

Immigration and Refugee Lawyer
135 James Street South, suite 205, near Bold Street

4.2 **Lawyers who speak a second language:**

•here is a list of some lawyers in the Hamilton-Wentworth area

Croatian:

John J. Cvetkovic 529-7661

20 Hughson Street South, suite 603, near Main Street

Italian:

Emilio D'Ortenzio 523-7003

103 John Street South near Hunter Street

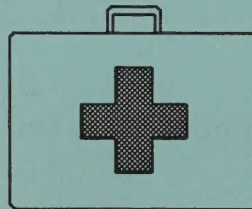
Spanish:

Genesee, Genesee, and Clarke 522-7066

143 Main Street East between Walnut St. and Catherine St.

☞ please see your telephone book, in the yellow pages
under Lawyers for a more complete list

♦For more information about **legal matters**, please see the pink section,
14. Legal Matters.



4.3 **Doctors who speak a second language:**

Hamilton Academy of Medicine 528-1611

1 Young Street South, suite 216, Hamilton Medical Arts Building

♦For more information about **health services**, please see the pink section,
11. Health and Nutrition.

5. Information and Resource Centres



- 5.1 Ecumenical Support Committee for Refugees (ESCR) 523-6361**
North Hamilton Community Health Centre
554 John Street North near Burlington Street
- helps refugees to make contacts and get to know their community
 - helps with finding a place to live in an emergency or to settle down in the community
 - helps with information about health, welfare, legal aid, English as a Second Language, medical aid, immigration questions, work, school
- 5.2 Canada Immigration Centre 572-2787**
Jackson Square Mall, 2 King Street West near Bay Street entrance
- all questions and concerns about immigration: sponsors, visitors, rules, regulations and other information may be answered
- 5.3 Canadian Citizenship 1-888-242-2100**
- helps immigrant people to get Canadian citizenship and other information that will help them with living in Canada
- 5.4 St. Joseph's Immigrant Women's Centre 529-5209**
332 James Street North between Barton Street and Murray Street
- helps refugees and immigrant people to get to know the community
 - help with counselling, legal matters, English as a Second Language classes, babysitting,
 - help to get food, a place to live, other emergency help
- 5.5 Settlement and Integration Services Organization, SISO 521-9917**
183 James Street South between Duke and Forest Avenue
- provides services and programs for immigrants and refugees, interpreting, and citizenship classes
 - help with looking for work, school, and other community services
- Hours: Monday to Friday 9am to 5pm**

Pregnancy

green section

What you can find in this section:

1. Baby Equipment
2. Car Seats
3. Prenatal Classes
4. Support Groups

1. **Baby Equipment**
diapers ... car seats ... cribs ... strollers ... toys ...
- 1.1 **Adolescent Community Care** 524-2501
121 Augusta Street near John St.
•offers baby clothes, furniture, and information about housing
- 1.2 **Baby World** 560-4311
940 Queenston Rd., east of Lake Ave. in Stoney Creek
Hours: Tuesdays, Wednesdays and Saturdays, 10am to 5pm
Thursdays and Fridays, 10am to 9pm
- 1.3 **Birthright** 527-3677
224 James Street South near Charlton
•offers free counselling, baby and maternity clothes, diapers, formula
Hours: Monday to Friday 9am to 11:30am and 1pm to 3:30pm
Monday to Thursday 6:30pm to 9pm
Saturday 10am to 1pm
- 1.4 **Once Upon A Child**..... 318-8586
1024 Upper Wentworth across from Limeridge Mall
Hours: Monday to Wednesday and Saturday, 9:30am to 5:30pm
Thursday and Friday 9:30am to 8pm
Sunday 12pm to 4pm
- 1.5 **Stork's Nest** 777-9138
168 King Street West near Bay St.
Hours: 9:30am to 5:30pm, open Thursdays until 9pm



☎ For more information look in the yellow pages of your phonebook under **Baby Accessories** and **Baby Furniture**.

2. Car Seats

2.1 Infant Toddlers Safety Association (519) 570-0181

Infant Toddler Safety Association, 385 Fairway

Road South, Suite 4a-230, Kitchener, Ontario, N2C 2N9

- non-profit volunteer organization educating the public on safety awareness and how to avoid childhood accidents
- resource and video library
- news letter sent out 4 times a year
- for information call the above phone number or write to the above address

2.2 Hamilton Automobile Club 525-1210

- call for information about how to choose and how to use a car seat for your infant.

Hours: Mondays to Fridays, 9am to 5pm

2.3 Retail Outlets for Renting Infant Car Seats

Queenston Rentals 549-9794

96 Parkdale Avenue North, near Main

- newborns to 40 pounds
- renting: \$20.00 per week or \$40.00 per month

Hours: Monday to Saturday, 8:00am to 5:30pm

2.4 Retail Outlets for Buying Infant Car Seats

Car Seats are available at most Department Stores and Canadian Tires



3. Prenatal Classes

3.1 Grace Haven 522-7336

138 Herkimer St. between Caroline and Hess

- programs to help pregnant women become more responsible, to prepare for life with a child, and any other help
- classes for before and after having a baby, school courses, counselling and more

3.2 St. Martin's Manor 575-7500

500 Mohawk Road West near Garth Street

- a place for young single pregnant women
- women can live here or come to the services during the day
- counselling, pre-natal classes, school courses and more

3.3 Public Health Nursing Prenatal Classes 546-3591

- public health nurses will help parents or mothers-to-be with information about being healthy before and after having a baby
- public health nurses teach important skills on being a parent
- courses can be taken in many areas in the Hamilton area

3.4 Labour Support and Prenatal Classes 389-7879

- pre-natal classes which give support to couples and single mothers
- follow up care after delivery
- call the page number if necessary -- 523-3460



4. Support Groups



- 4.1 Adolescent Community Care 524-2501**
121 Augusta Street near John St.
• offers baby clothes, furniture, and information about housing
- 4.2 Birthright 527-3677**
224 James Street South near Charlton
• Free pregnancy tests
• Referral to community agencies
• offers free counselling, baby and maternity clothes, diapers, formula
- 4.3 Grace Haven 522-7336**
138 Herkimer Street between Caroline and Hess Streets
• for single mothers to live in or to come to during the day
• programs to help pregnant women become more responsible, to prepare for life with a child, and any other help
• classes for before and after having a baby, school courses, counselling and more
- 4.4 Healthy Moms, Healthy Babies 528-4211 and 523-6611**
50 Murray Street West between MacNab and Bay Street
in Mission Services
• groceries and food coupons
• snacks
• friendly chats with other women
• other services you may need during and after your pregnancy
- 4.5 St. Martin's Manor 575-7500**
500 Mohawk Road West near Garth Street
• a place for young single pregnant women
• women can live here or come to the services during the day
• counselling, pre-natal classes, school courses and more

4. Support Groups

4.6 St. Joseph's Community Health Centre:

Baby's Best Start 573-4826

- nutrition and health education
- food vouchers
- support linking to the community
- Drop-in locations and times: **Please phone first.**

Laurier Recreation Centre

60 Albright Road

when: **Tuesdays and Wednesdays from 1:00pm to 3:00pm**

Riverdale Community Centre

38-40 Centennial Pkwy North

when: **Wednesdays from 9:30am to 11:30am**

St. James the Apostle Church

437 Ottawa St. North

when: **Thursdays from 9:30 a.m. to 11:30 a.m. and 1:00pm to 3:00pm**

4.7 The Welcome Basket 546-3630

Weekly meetings to have a friendly chat with other women, get a food gift certificate and make and share a meal and snack. Children are welcome. Free bus tickets are available if needed. Please call for registration and times.

- There are three locations:

St. Matthew's House

414 Barton Street East, Hamilton

When: Tuesdays

Church of the Ascension

64 Forest Avenue, Hamilton

when: Thursdays

Saint Bartholomew's Anglican Church

435 Mohawk Road West, Hamilton

when: Tuesdays

♦for more information turn to the yellow section, **7. Parent Support Groups**

Parenting

yellow section

What you can find in this section:

1. Breastfeeding
2. Day Care Centres and Preschools
3. Drop-in Centres for Parents
4. Equipment and Supplies
5. Financial Help
6. Health and Safety
7. Parent Support Groups
8. Parent Relief Care
9. Schools for Special Needs Children
10. Support for Specific Needs
11. Single Parents and Young Parents
12. Youth Organizations and Activities
13. Youth Counselling and Help

Parenting

What's New

What you can find in this section:

1. Breastfeeding
2. Day Care Centres and Preschools
3. Drop-in Centres for Parents
4. Equipment and Supplies
5. Financial Help
6. Health and Safety
7. Parent Support Groups
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9. Schools for Special Needs Children
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11. Single Parents and Young Parents
12. Youth Organizations and Activities
13. Youth Counselling and Help

1. Breastfeeding
pumps ... rentals ... support ...



- 1.1 St. Joseph's Hospital Nursery Info Warm Line.....522-1155 ext.3257**
•a nurse will answer questions about mother and baby during their first weeks at home
Hours: 24 hours a day, 7 days a week
- 1.2 LaLeche League 385-6500**
•support group for breastfeeding women
•meetings every month in the Hamilton area
•library where books can be borrowed
Hours: 24 hours a day, 7 days a week
- 1.3 Lactation Clinic 575-1300**
Stonechurch Family Health Centre
549 Stonechurch Rd E. near Upper Wentworth
•doctors will help with breastfeeding problems or questions
•please call ahead for an appointment
Hours: Tuesdays 9am to 2:30pm and Fridays 9am to 2pm
- 1.4 Health Connections 546-3550**
•Public Health Nurses will answer questions about infant care
•please call for any information you may need
Hours: Monday to Friday, 8:30am to 4:30pm
- 1.5 Maternity Gift Shop**
3 Bishop Dowling Wing, St. Joseph's Hospital
50 Charlton Avenue East between James and John Streets
•nursing bras and breastfeeding pumps available at a low cost
- 1.6 Breastfeeding Pumps and Equipment to rent or buy:**
- | | |
|---|--|
| Dell Pharmacy Home Care Centre
517 Upper Sherman Avenue
near Brucedale Avenue in Hamilton
385-3217 | Dell Pharmacy
Battlefield Plaza
840 Queenston Rd.
at Hwy #20, Stoney Crk.
662-4906 |
|---|--|

2. Day Care Centres and Preschools
information ... play time ... full and part time ...



2.1 Day Care Centres and Nursery Schools in Hamilton-Wentworth

- please call **Child Care Information Line** **528-0591**
Hamilton Central Public Library,
1st floor, 55 York Boulevard near Bay Street
- free information and list of all Day Care Centres in Hamilton-Wentworth

2.2 Consumer Tips Daycare Information.....**540-2404 ext. 6710**

- information about programming, funding, teachers and more

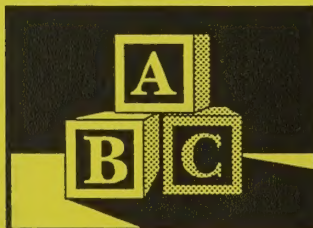
2.3 Hamilton Community Living Pre-school Program **526-0754**

Child Development Centre

22 Leeming Street between Barton Street and Cannon Street

- support for special needs children
- resource teachers in the community
- helps place children in preschools

☎For a more complete listing of preschools or Daycares in the Hamilton-Wentworth area, please look in the yellow pages of your telephone book under **Preschools** or **Daycare Centres**.



3. Drop-in Centres for Parents



3.1 **Brighter Futures Family Centre 544-6630**

337 Gage Ave. North

- children, parents and caregivers can drop in and share time together and with the staff
- programs to develop life skills, education, support and referrals
- has outside play area, toys, resource lending library
- free lunches and snacks

Hours: Mondays, 9am to 12pm

Tuesdays, Wednesdays, Thursdays 9am to 3pm

3.2 **Children at Play Drop-in and Resource Centre 627-0572**

Salvation Army Dundas

165 King Street West in Dundas

- for children, parents and caregivers

Hours: Monday and Wednesday, 9:30am to 12pm

3.3 **Grace Haven Children's Corner Drop-in Centres:**

- centres for parents, caregivers and children from birth to age 5
- many things to do, play time and talks for parents

Melrose United Church..... 522-9952

86Homewood Ave near Locke and Aberdeen

Hours: Monday to Thursday 9:30am to 11:30am,

Thursday is caregiver only playgroup

St. Bartholomew's Anglican Church 389-1942

435 Mohawk Rd. West at Garth St.

Hours: Monday to Friday 9:30am to 11:30am

Tuesday is Caregiver only playgroup

3.4 **Good Shepherd Women's Drop-in Centre 540-8000**

50 East Avenue North

- place for women to come for support, friendship, help and find out what is in the community
- clothes and hot meals

Hours: Monday to Friday, 9am to 12pm

3. Drop-in Centres for Parents

3.5 Hamilton East Kiwanis Boys' and Girls' Club 549-2814

45 Ellis Avenue near Kenilworth

- for parents, caregivers, children up to 5 years old
- program has playtime with parent and child and more
- free bus tickets and free child care at Mom's Group

Hours: Monday and Tuesday 9am to 12pm and 1pm to 3:30pm
Friday 9am to 12pm

3.6 Queenston Parent-Child Drop in Centre 545-6551

350 Quigley Ave.

- programs include: playgroups for children and parents, toys, talk groups for parents
- support, information and referrals
- clothing and coupon exchange

Hours: Monday 9am to 12pm
Tuesday to Friday 9am to 4:30pm

3.7 Roxborough Family Support Resource Centre 545-4520

16 Eastwood near Parkdale Avenue

- information centre for parents and caregivers for children to age 5
- drop-in, mother's group, toys to borrow, clothing exchange
- free bus tickets

Hours: Monday to Thursday 9am to 11:30am and 1pm to 3:30pm
Friday, 9am to 11:30am

3.8 Seven Towers Non-Profit Family Day Care 574-9344

44 Greendale Drive

- parents and children share time together with other parents and children
- toy lending library

Hours: Monday, 9:30am to 11:30am, 1:30pm to 3:30pm
Tuesday 9:30am to 11:30am ,Wednesday 1:30pm to 3:30pm
•closed during the summer months



3.9 Church Drop-ins

Name of Group	What's there for you	When	Where	Call for information
Coffee Hour	• bible study • childcare	Wednesday at 10 am	Garside Church, 47 Garside St.	549-4516
Coffee Hour	• childcare	Tuesday from 9:30 am to 11:00 am	Mountain Bible, 668 Upper Wentworth	383-0685
Ladies Time Out	• coffee hour • childcare	Thursday from 9:30 am to 11:00 am	Philpot Memorial, 84 York Blvd. at Park Street	527-4802
Take A Break	• bible study for young mothers • childcare	Wednesday at 9:30am	Mission Baptist, 100 North Oval near Stirling Ave	528-0960
Neighborhood Friends	• moms and children do crafts and talk	Tuesday from 1:15am to 3:30pm	Wentworth Baptist at Cannon and Wentworth	522-2231
Ladies Coffee Hour	• childcare	Wednesday at 9:45 am	West Highland, 1605 Garth near Highway 53	387-5385
Ladies Break Away	• crafts • coffee • bible study	Wednesday from 9:30am to 11:30am	Paramount, 1035 Paramount at Mud St.	573-9111
Morning Break	ladies coffee hour childcare	Thursday from 9:30am to 11am	Westside Baptist 261 Whitney near Main St. W.	529-5756
Talk Group	• speakers talk about being a parent	fourth Tuesday of every month at 7pm	Mountain Church of the Nazarene, 910 Up. Sherman	389-6981
Women's Group	• speakers, crafts, trips, childcare	Monday from 6pm to 9pm, Wednesday and Friday from 1pm to 3pm	Welcome Inn, 40 Wood St. E. near James S.	525-5824

3.9 Church Drop-ins

Name of group	What's there for you	When	Where	Call for information
Ladies Bible Hour	•childcare	Tuesday at 9:30 am	Bethel Gospel, 1355 Upper Wellington	387-6530
Mom's Time Out	•talk about being a parent •childcare	Wednesday, 9:30am to 11:30am	Central Presbyterian, 165 Charlton W.	522-9098
Ladies Coffee Plus	•talks •childcare	3rd Thursday of every month at 8pm	St. John and St. Andrew, 19 Tisdale	522-1755
Morning Out	•mothers talk •childcare	whenever needed	Binbrook United, 2623 Binbrook	692-3500
New Dimensions	•young women's group •childcare	Tuesday from 9:30am to 11am	Melrose United, 86 Homewood at Locke St.	522-1323
Young Mothers Group	•talks •childcare	Thursday 9:30 a.m. - 11:00 a.m.	Erskine Presbyterian 19 Pearl St. N.	529-2255
Women's Program	•talk and do crafts •childcare	Tuesday from 9:30am to 11:30am	St. John's United 195 East 38th St.	387-2135

4. Equipment and Supplies

4.1 Ontario Ministry of Health

Assistive Devices Program 1-800-268-6021

5700 Yonge Street, 7th floor, Toronto

- program pays for up to 75% of the cost of approved assistive health devices

4.2 Special Services at Home Program 521-7456

- funding program to help children get equipment and services at home
- money for special equipment or a Special Needs Worker

4.3 Easter Seal Society 1-888-278-7797

- for children up to 19 who have a physical handicap
- financial help is available based on need to cover the cost of braces, wheelchair and other special equipment
- some equipment may be available for short-term loan



♦for information about baby equipment see the green section 1. **Baby Equipment**

5. Financial Help

5.1 Ontario Ministry of Community and Social Services

119 King Street West, near MacNab Street

- Handicapped Children's Benefits
- Special Services at Home
- Support Services Division

5.2 Handicapped Children's Benefits 521-7456 or call Missisagua..... 1-905-897-3139

- monthly allowance to help parents meet the ongoing costs of a child with a disability
- money to help with transportation, drugs, dental work, glasses

5.3 Special Services at Home Program 521-7456

- funding program to help children get equipment and services at home
- money for special equipment or a Special Needs Worker

5.4 Support Services Division 546-4870

- help with money for Day Care
- Homemakers and Nurses Services Subsidy

5.5 Ontario Ministry of Health

Assistive Devices Program 1-800-268-6021

5700 Yonge Street, 7th floor, Toronto

- program pays for up to 75% of the cost of approved assistive health devices

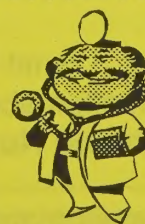
5.6 Hamilton & District Society for Disabled Children 385-5391

- helps support physically disabled children with money for special programs

♦For more information about help with money, please see the pink section,
8. Finances.

6. Health and Safety

- 6.1 Canadian Red Cross Society, Hamilton Wentworth Branch 522-8485**
400 King Street East near West Avenue
• offers the Child Safe program, courses, books and videos for parents
• offers water safety programs to people of all ages
- 6.2 Child Find 548-6650**
24 hours 1-800-387-7962
• helps families to find children who are lost or missing
• teaches parents and children about street safety
- 6.3 Community Child Abuse Council 523-1020**
75 MacNab Street South, second floor
in YWCA
• programs to help people stop child abuse
• helps children who are victims of abuse
Hours: Monday to Friday, 8:30am to 4:30pm
- 6.4 Council on Suicide Prevention 388-0933**
205 Queensdale Ave. E., room 3, near Upper Wellington St.
• offers information, help and group support for the family, friends, and the person considering suicide
- 6.5 Hamilton Fire Prevention 546-3350**
55 King William Street near John Street North
• offers many kinds of activities to people in the community to learn about safety and understand how to be safe
- 6.6 Health Connections Phone Service 546-3550**
Is the current umbrella for services of:
Parent-Child Information Line
Central Intake
Healthy Kids
- 6.7 Heart and Stroke Foundation of Ontario 545-2400**
19 Albert Street between Spadina Avenue and Melrose Avenue
• offers the Heart to Heart course to teach life saving techniques like Cardiopulmonary Resuscitation (CPR)



6. Health and Safety

6.7 Regional Municipality of Hamilton Wentworth

Department of Public Health Services 546-3500

25 Main Street West near McNab Street

- offers programs to help keep the community safe and to keep people healthy
- includes nursing help, teaching of parenting skills and many more helpful programs

Hours: Monday to Friday, 8:30am to 4:30pm

6.8 St. John Ambulance and Brigade 387-1880

500 Upper Wellington Street near Inverness Avenue

- teaches First Aid, Cardiopulmonary Resuscitation (CPR), home nursing and child care to people in the community
- there is a cost

6.9 Safety Council 546-4900

Part of the Community Services Department of the Hamilton-Wentworth Regional Police Station

- promotes public safety

6.10 Sexual Assault Centre 525-4573

24 hour crisis line 525-4162

- counselling, support groups, help and referrals for victims of rape, sexual assault, incest, and childhood sexual abuse

♦ For more information about health, please turn to the pink section,
11. Health and Nutrition.

♦ For more information about counselling, please turn to the pink section, **4. Counselling.**



7. Parent Support Groups

7.1 About Face 1-800-665-3223

- support for people with facial differences and their families
- information and news letters available
- call and they will tell you who can help you in your area

7.2 Bereavement Network of Hamilton-Wentworth 521-0090

Canadian Mental Health Association

182 Rebecca Street near Ferguson Avenue

- information about groups in the area that help with support in the death of an infant
- groups talk about the needs and concerns on infant death

7.3 Canadian Foundation for the Study of Infant Deaths 1-800-363-7437

586 Eglinton Avenue East, Suite 308, Toronto, M4P 1P2

- information and support to families when their baby dies of Sudden Infant Death Syndrome

♦Please see the pink section **13. Infant Death** for more information.

7.4 Chedoke Child and Family Centre 521-7950

Chedoke Hospital, Sanatorium Road, Hamilton

- programs, treatment and follow-up for children up to 18 years old
- many special programs to help newborn infants who are high-risk

7.5 Cleft/Lip Palate Program 521-2100 ext. 7210

- includes services from Pediatrics, Dentistry and Nursing
- offers counselling for parents

7.6 Down Syndrome Association of Hamilton 388-5904

- 24 hour help available
- helps parents, other family and friends to improve the quality of life for those with Down Syndrome
- meetings, parent to parent support, talks, social time for the family

7.7 Easter Seal Society 385-5389

- helps families of physically disabled children from birth to 19 years old
- services include: nursing, camping, financial help and more
- "Parents Helping Parents" Support Group and newsletter
- a guide to services for parents of disabled children, called "A Starting Point"

7. Parent Support Groups

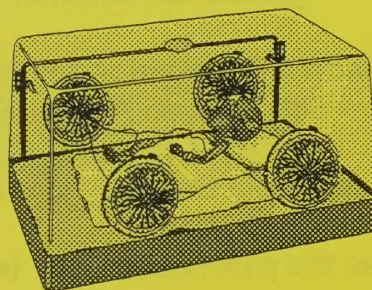
7.8 Hamilton Parents of Multiple Births Association (416) 760-3944

- to help parents with the birth of more than one baby
- group has monthly programs, guest speakers, parent to parent telephone support, talks, clothing exchanges, social time

7.9 Infant Parent Program 521-2100 ext. 7418 or 7406

Bruce Building, 2nd floor, Chedoke Hospital

- home intervention program to help families with infants under 2 years old who are developmentally "at risk"
- gear programs to specific needs
- parent support group run by parents
- monthly educational workshops



7.10 McMaster Growth and Development Clinic 521-5011

- information, services, appointments and emergency counselling for low birth weight infants
- infants are enrolled by the hospital before they leave

7.11 McPera 521-2100 ex. 7541

- contact **Mona Northy**
- support group for parents who have gone through the high-risk perinatal program and/or have had a critically ill or premature newborn
- parent to parent support, annual picnic, lending library, newsletters
- monthly meetings held on the second Wednesday of each month

7.12 Nobody's Perfect 546-3657

Program by Public Health Nursing Services and
Child & Adolescent Services

- group for parents with children from 0 to 5 years of age
- parents meet with a public health nurse to share time together and talk about being a parent
- free childcare, bus tickets, set of 5 parenting books and snacks

7. Parent Support Groups

7.13 Parents of Premature Babies 639-5042 or 521-2100 ext. 7541

- A record book specifically designed for premature infants
- please call for your copy

7.14 Parent Link Program 1-800-668-6252

Toronto Easter Seals, Allan Dawson, co-ordinator

- volunteer support for families of children with disabilities

7.15 Parent Link 546-3618

Program by the Department of Public Health Services

- parenting groups for families with children up to four years of age
- Public Health Nurses offer classes for parents to talk about being a parent
- classes are held at different places in the Hamilton area, call for information
- free

7.16 Community Action Program for Children (CAPC) 546-4295

38-40 Centennial Parkway North, Hamilton

- Is an umbrella for programs such as Baby's Best Start, Community Support Worker Program, Community Access to Child Health (CATCH), Nobody's Perfect, Parents Helping Parents, Skills Through Activities and Recreation (S.T.A.R.)
- The boundaries are East Hamilton/Stoney Creek and Stoney Creek Mountain

7.17 St. Matthew's House, Community Family Support Program 545-0565

16 Eastwood Park near

- to help families with everyday living with nutrition, budgeting money, managing the home, talking to each other
- program helps with self esteem and to find helpful community services
- group has a program co-ordinator and a family worker to help the family

♦ For more information on **services for special needs**, please see the yellow section

10. Support for Specific Needs

8. Parent Relief Care

8.1 St. Joseph's Hospital Respite Care 522-1155 ext. 3472

- Infants and children who have special needs and require constant care provided by a trained caregiver can stay on the Pediatrics unit to give the family a rest

8.2 Charlton Family Support Program 526-9063

- through the Hamilton Association for Community Living, Parent Relief Program
- trained and experienced babysitters for disabled children and teenagers will come to your home and provide relief for the parents
- outside of school hours

8.3 Chedoke Child and Family Centre 521-7950

Chedoke Hospital, Sanatorium Road

8.4 Community Nursing Registry 527-2646

375 Main Street East near Emerald

- 24 hour help available in home by nurses

☞see the telephone book, in the yellow pages under "Nurses"

8.5 Hamilton & District Extend-A-Family 383-2885

1104 Fennel Avenue East near Ottawa Street and Fennel

- friendship program for children with physical or developmental disorders where a family offers to take the child into their home for a day, evening or weekend

- gives parents a needed time of relief and rest

Office Hours: Monday to Friday, 9am to 4pm

8.6 Home Care Program 523-8600

- a case manager will come to your home for in-home services and help with the care of the patient

- free services if you are eligible

- many services:
 - visiting nursing care
 - physio and occupational and speech therapy
 - medical and social work services
 - visiting homemaker services
 - dressings and medical supplies
 - diagnostic laboratory, hospital equipment

8. Parent Relief Care

8.7 Pre-school and Family Support Division 528-0281

191 York Boulevard near Caroline St.

- Family Support Program has in-home help available, group for brothers and sisters, parent information
- helps with parent relief, baby sitter, companion training and respite service

Office Hours: Monday to Friday, 9:00am to 4:30pm

8.8 Ronald McDonald House 521-9983

1510 Main Street West at the corner of Cootes drive

- home away from home for parents and families of children with cancer and other high risk illnesses undergoing
- treatment in Hamilton
- there is a small cost

8.9 Special Care People 1-905-823-5231

1400 Lakeshore Road West in Mississauga

- serving special needs children from birth to 21 years old
- client groups include: cancer, HIV , chronically ill, ...
- offer postpartum follow-up care

8.10 St. Elizabeth Visiting Nurses' Association 522-6887

698 King Street West

- professional nursing and health education services in the home
- nursing care, friendly visiting volunteers, information and support

Hours: 7 days a week, from 8am to 4pm

8.11 Visiting Homemakers Program 389-1970

Burlington 632-9420

- light housekeeping, child care and personal care services

Office Hours: Monday to Friday, 8:30am to 4:30pm

8.12 Victorian Order of Nurses 529-0700

414 Victoria Avenue North between Barton and Burlington Streets

- programs include: Caregiver Support Program, Community Education, Home Care, Visiting Nursing Program

Office Hours: Monday to Friday, 8:30am to 4:30pm

♦For more information about child welfare, please see the pink section,

17. Social Services.

9. Schools for Special Needs Children

9.1 Family Life Program 547-5592

337 Gage Avenue North near Beach Road

- half day developmental program for both parents and special needs preschoolers
- must be referred by a health or social service professional

9.2 Hamilton & District Council of Co-operative Preschools 574-2112

1171 Upper James Street, unit 8

- programs to help special needs children to join co-operative pre-school
- resource centre has educational toys, parent resource books on child development and parenting for parents of children ages 2 to 5
- membership fee to join resource centre

9.3 Preschool Program, Child Development Centre 526-0754

22 Leeming Street between Cannon and Barton Streets

- support for special needs children
- resource teachers in the community
- helps place children in preschools

9.4 Child Care Information Line..... 528-0591

Hamilton Public Library, 55 York Boulevard near Bay Street (C.I.S.)

- written information about Day Care Centres and Nursery Schools in Hamilton-Wentworth
- complete list of special programs for special needs children



10. Support for Specific Needs



☞ Support groups are available for almost every diagnosis and illness.

Contact the **Community Information Service** **528-0104**

They will direct you to the service you need.

11. Single Parents and Young Parents

housing ... special programs ... support ... employment ...

11.1 Adolescent Community Care Program 524-2501

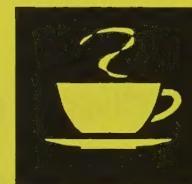
121 Augusta St. near John St.

- for those between the ages of 16 and 20 years old
- help with finding a place to live, getting things for your home, free baby clothes and more
- information about welfare, school, work and more

24 hour answering service

11.2 Project First Step 527-3823 ext. 3433

- A ten week (2 half days per week) group program helps single mothers on social assistance
- Set personal and career goals
- Improve self-esteem and self-confidence
- Access current community resources
- Create a "skill based" resume
- Utilize TRUE COLORS to identify your strengths
- Childcare and bus tickets provided
- Where and when the program is held:



Downtown YWCA, 75 MacNab Street South

When: Mondays and Wednesdays from 1pm to 3pm

Ottawa Street YWCA, 52 Ottawa Street in Central Hamilton

When: Tuesdays and Thursdays from 1pm to 3pm

Satellite location:

Hosted by Interval House, call for details

11.3 Parents without Partners 544-4444

- parents talk to each other, have guest speakers, study groups, newsletters and social time for the whole family
- please call to find out about upcoming events and get together

11.4 Community Information Service 528-0104

- has information about resources for single parents in Hamilton-Wentworth

12. Youth Organizations and Activities



- 12.1 Catholic Youth Organization (CYO) 528-0011**
735 King Street East, suite 3, near Sanford Ave.
•activities for children
•summer camps, day camp and overnight camp
Hours: Monday to Friday, 9am to 4:30pm
- 12.2 Girl Guides of Canada 549-2429**
918 Main Street East between Prospect Street and Balsam Avenue
•for females to make new friends, grow and learn life skills
•groups are divided by age, from 5 years of age and older
Hours: Monday to Saturday, 9am to 4pm, Thursdays, 9am to 9pm
- 12.3 Hamilton East Kiwanis Boys and Girls Club 549-2814**
45 Ellis Avenue near Kenilworth
•programs for children from 7 to 17 years of age
•programs offered in arts and crafts and recreation
Hours: Monday and Tuesday, 9am to 12pm and 1pm to 3:30pm
Friday, 9am to 12pm
- 12.4 Living Rock Ministries 528-7625**
St. Paul's Presbyterian Church
James Street South at the corner of Jackson Street
•recreation for teenagers and youth who are recovering from alcohol and / or drug problems
•live bands and talk groups
Hours: Tuesday to Friday, 9:30am to 3:30pm
- 12.5 North Central Community School Association 527-7752**
Robert Land School
460 Wentworth Street North
•day and evening activity programs for all ages
Hours: Tuesday and Thursday 1pm to 9pm
- 12.6 Scouts Canada 528-5711**
375 James St. S. near the bottom of the West Fifth Access
•groups for boys and girls from 7 to 26 years of age
•program has arts and crafts, recreation and camping
Hours: Monday to Friday, 9am to 5pm

♦For more information about activities for youth, turn to the pink section

15. Parks and Recreation Centres.

13. Youth Counselling and Help

13.1 Brennan House 577-1166

614 King Street East near Wentworth Street

- home for street youth

13.2 Cornerstone Youth Services 527-8115

354 King Street West at the corner of Queen Street

- day programs for one on one and groups to teach life skills

Hours: Monday to Friday, 8:30am to 4:30pm

13.3 Children's Developmental Rehabilitation Program 521-2100 ext.7031

Chedoke Hospital, Sanitorium Road

- services for children from infancy to school leaving age
- programs have: -occupational and physiotherapists
-Early Childhood Educators
-recreation helpers

- parent training program, COPE, for help and support

Hours: Monday to Friday, 8:30am to 4:30pm

13.4 Public Health Nursing Child & Adolescent Services 546-3678

100 Main Street East, suite 220, near Catherine Street

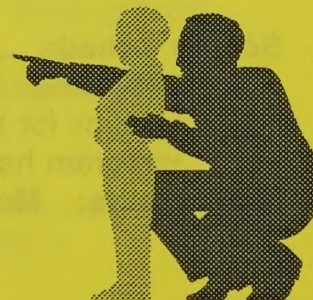
- for children from 2 to 18 years of age with behaviour, learning, speech, or emotional problems

Hours: Monday to Friday, 8:30am to 4:30pm

13.5 Kids Help Phone 1-800-668-6868

- telephone counselling for children and teenagers who need someone to talk to
- tells kids who they can turn to for help in their own communities
- free and private
- in English and French

Hours: 24 hours a day, all year



♦for more information about counselling, turn to the pink section **4. Counselling**

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b= blue pages
g= green pages
p= pink pages
y= yellow pages

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Legend

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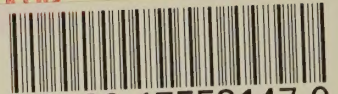
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